

Teachers Have Emotions Too!

It is important for children to learn how and when to express emotions appropriately. Teachers who model emotion expression demonstrate to children how to express emotion and expand their emotion vocabulary. Try the following:

- Next time you are frustrated (e.g., with a transition, clean-up, noise level), try expressing the emotion and demonstrating how to cope. For example, you might say “It’s really noisy in here. I feel so frustrated. I can’t hear what my friends are saying. I am so frustrated. I know what I can do. I can ask my friends to talk a little softer. I can say ‘please use your inside voices.’”
- If a child engages in an unsafe behavior (e.g., climbs on a bookcase), you might say “I shouted because I was really scared. I wanted you to get down so you would be safe. I thought you might fall. I was scared and that is why I shouted.”
- Don’t forget to express your positive emotions. For example, you might say “I am so excited! Today your families will be visiting our classroom for your music performance. I feel so excited. I can’t wait for them to get here.”